



HELPFUL RESOURCES

FOR ADULTS STRUGGLING WITH PORNOGRAPHY

- ? Have you ever thought you needed help for your sexual thinking or behavior?
- ? Do you feel controlled by your sexual behavior?
- ? Has anyone been hurt emotionally, physically or psychologically because of your sexual behavior?
- ? Do you find yourself daydreaming or fantasizing about sexual images at work?
- ? Does it interfere with your relationship with your spouse?

THE CATHOLIC CHURCH

is committed to helping people overcome their desire to view pornography. The growth of pornography in the US in the past decade threatens everyone including our marriages, children, schools, communities, churches, and mental health.

For more information or to speak to one of our counselors, please contact Holy Family Counseling Center at **678-993-8494** or visit our website at **holyfamilycounselingcenter.com**

If you are struggling with this problem, please know that you are not alone. Please consider utilizing these resources to help you with this battle.

WEBSITES

- Integrityrestored.com: Designed to help men, women and their families to break free of porn
- Cardinalstudios.org: Matt Fradd -Strive - 21 day online program to help you break free of porn

MOBILE APPS

- Bark.us: Social media, text messaging, youtube monitoring service
- *Victory (LT) Life Teen*: Provides strategic battle plan for liberty against pornography
- *Overcome Porn: 40 Day Challenge*
- *Purified Porn Filter*
- *Our Pact*: Parental Control App

FILTERS & INTERNET PORN BLOCKERS

- Covenanteyes.com: Software filtering company and E-books to inform and guide
- Besafehome.com: Friends & family program software and internet filter
- Family.mcafee.com: McAfee - Safe Family. Protects from harmful content and internet dangers

BOOKS & ARTICLES

- *Out of the Shadows* by Patrick Carnes et al.
- *Healing the Wounds of Sexual Addiction* by Mark Laaser
- *The Porn Myth: Exposing the Reality Behind the Fantasy of Pornography* by Matt Fradd
- *Theology of the Body for Beginners: A Basic Introduction to Pope John Paul II's Sexual Revolution* by Christopher West

GROUP MEETINGS

SA.org and S-Anon.org: A 12 step group for men or women

SA Telephone Meetings: VIGSecretary@gmail.com

BLOG & PODCASTS

Visit the United States Conference of Catholic Bishops at www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/resources/pornography.cfm